

Got a Momtourage?

Every mom needs someone sometime.



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ALL MOMS NEED a support network to raise their children, a momtourage, if you will. Whether it's a friend to lean on, a childcare provider you totally trust, or a UPS delivery guy who always waits patiently until you get to the door, every mom needs someone sometime.

People to Recruit for Your Momtourage

- your spouse
- your extended family
- your neighbors
- your child's teacher
- other moms
- your child's pediatrician

Organizations to Include in Your Momtourage

- your local church
- your local mothers of preschoolers group
- your child's school or day care

Businesses to Include in Your Momtourage

- your favorite restaurant that delivers

- UPS or any other package delivery service
- local pharmacy delivery service
- your local 24-hour pharmacy
- Shutterfly or other Internet photo-ordering Web site
- Vistaprint for ordering inexpensive (and often free!) invitations

You Know You're in a Momtourage When...

- half of the kids you're driving to school aren't yours.
- your girlfriend asks you to pick up something for her at the store while you're there.
- you can ask your neighbor to watch your kids when you're in a pinch.

Excerpted with permission from *A Mom's Ultimate Guide of Lists* by Michelle LaRowe (published 2009 by Revell, a division of Baker Publishing Group).



THE MUSIC BOAT

2010 CRUISE VACATION GIVEAWAY



To enter, go online to www.lifeway.com/travelguide or mail the form below:

Win a vacation in 2010 from Premier Christian Cruises. Bringing some of the best known and loved contemporary Christian artists onboard, along with great national and international speakers, a smattering of renowned comedians and a backdrop of exotic locations, Premier Christian Cruises has found the right recipe for spiritual journeys of a lifetime.

With this prize package*, valued at \$2,188, the winner will receive one (1) stateroom plus port fees, taxes, and gratuities for two (2) persons on The Music Boat 2010 Cruise, November 8-12, 2010. The cruise will depart from Miami, FL to Nassau, Coco Cay and Key West. Cruise details are available at www.musicboatonline.com and www.lifeway.com/travelguide.

* See sweepstakes rules at www.lifeway.com/travelguide for prize package details and restrictions. The Sweepstakes winner may be featured in a future issue of this magazine and/or on LifeWay.com.

No purchase necessary. For a chance to win, mail this completed Official Entry Form (or a 3x5 piece of paper, on which you have hand-printed the same information as required by the Official Entry Form), in a #10 business-size envelope to LifeWay Christian Resources, Attn: The Music Boat 2010 Cruise Vacation Giveaway Sweepstakes, MSN 136, One LifeWay Plaza, Nashville, TN 37234, beginning on December 15, 2009, to be postmarked by not later than January 31, 2010, and received by the drawing date of February 11, 2010. Limit one entry per person. You must be twenty-one (21) years of age or older at the time of entry. Void where prohibited. For complete details, see the Official Rules, available by written request mailed to the Sweepstakes Coordinator at the above address or online at www.lifeway.com/travelguide.

LifeWay's The Music Boat 2010 Cruise Vacation Giveaway Sweepstakes Official Entry Form

Your Name _____

Street Address _____

City _____

State & Zip _____

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Would you like to opt-in to receive our travel e-newsletter that will contain travel tips, announcements about future travel sweepstakes, and information about products and services from travel advertisers (opting in does not influence your chances of winning this sweepstakes or future sweepstakes)? Yes HL